Modern technology poses problems in raising today's kids

digest—primer on the brain, intelligence, learning styles and social and personal development. No matter how you feel about computers, Healy's discussion is a fascinating and personal appreciation of how children grow and develop.

grow and develop.

As with all debates about technology — just think of the still raying 40-year debate about techvision — there are issues of power, who is gaining power and who may be losing power. A subtheme in "Pailure to Connect" is the future of children and the future of cheating. We have a subject of the connect is the future of children and the future of education. Overwhelmingly, Healy urges parents and culcustors not to abandon children to technology and to reinvest in children and education in order to meet the challenges of a new invention, the computer.

James McCarthy is a freelance writer from Chicago living on California's central coast, home to the mythical city, Silicon Val-ley. Birmingham resident

The Wayans to Ends Free Clearing & Ine Wropata, Large Selections of Frace Free Douglas In Wrotals and Koping Cules, Douglas Lindge, Front Fee, and Apples Open Dads Vol. 1 (https://doi.org/10.1006/j.j.)

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Drakes Orenard Cortor

You cut or fresh!

McCarthy has asked dames H. McCarthy, an editor and computer expert, to resieve an important book. Failure to Connect: How Computers Affect Our Children's Minds for Better and Worse. '5 y Jane M. Healy, an educational psychologist and professional educator toho has also written. Endungered Minds: Why Children Don't Think - and What We Can Do About It.' McCarthy highly recommends both of Healy's books to her readers.

Thile it may not be wise to judge a book by its cover, hook-titles are often revealing; both of the author's purpose in writing and the author's attitude toward the subject at hund. Failure to Competers Affect our Children's Minds—for Better and Worse' by Jane M. Healy, Ph.D. is a good case in point.

The first part of the title

The first part of the title comes, of course, from the zany and often frustrating world of computer "error" messages, those irritating boxes that

computer "error" messages, those irritating boxes that appear on the computer screen to tell year something is wrong. Healy's play on words, lowever, deals with a more fundamental and important issue: the failure to connect with each other and with ourselves.

Failure to Connect is divided into three parts. Part One, "Digital Dreams Meet Reality, reviews the current use of computers in schools and at home and offers reasonable and responsible guidelines for making choices about technology for children. Part Two, "Digital Childhood," treats the personal issues of technology use: brain development and the social, emotional and intellectual aspects of children and teens using computers. Part Three, "Doing it Right When the Time Is Right, is taken up with describing good and bad ways of using new learning technology with kids of different ages.

Jane Healy is an education all

different ages.

Jane Healy is an educational psychologist and long-time educator. He 73-year career includes experience as a teacher and principal and consultant. She knows schools and she knows kids. As important, she is a prenent and grandparent and an experienced computer user. Her book is based on hundreds of Her book is based on bundreds of hours in chasproom and home interviews and observations, and while her conclusions may be controversial, she does not fall either into the entegory of those who hate computers or those who worship them.

who worship them.

There are two compelling reasons to read this book. First, the book is filled with practical and insightful checklists on subjects ranging from choosing software to computer addiction. If you choose to connect, in computer terms, this book will save you a lot of legwork and frustration. More important, however, and the second reason this book shuld be on your bookshelf, is the section "Digital Childhood."

Digital childhood

What Healy knows about the most is the brain. The three chapters of "Digital Childhood" are an essential and easy- to-

McCarthy's book "Healthy Teens," second edition, is being reprinted edition, is being reprinted for delivery December 20. 1998. Send \$9.20 (includes shipping and handling) to Bridge Communications Inc., 1450 Pirim Road, Birmingham, Michigan, 48009. The third edition, completely revised, will be available mid 1999. Thanks to loyal readers and Suburban readers and Suburban Communications for the popularity of "Healthy Teens."

Care givers suffer depression, too

Q. You always talk about the clderly and depression. How about mentioning the depression that the family may suffer when they have to take care of am older family member?



member?

A. If I have neglected to mention the physical and mental toll that care giving takes on the care givers, I apologic. There certainly is no doubt that caring for a frail older adult is not an easy job. In a recent issue of Take Carel magazine, a survey was taken of care givers which showed that the rate of depression among care givers is very high. The study further showed that along with the depression were feelings of isolation, frustration, anger, anxiety, sleeplessees, headarches, back pain, stomach disorders and colds.

Not an easy job.

Not an easy job

Not an easy job
Boing a care giver is not easy.
Many age or disease related
organizations have support
groups to help care givers cope.
It is also very important that the
primary care giver have some
respite from their duties even if
it is only a couple of hours a
week. Many agencies or organizations offer respite services
either on a pay as you can basis
or free of charge. It may even be
possible to enlist the help of a

family member or friend. There are also books on helping to make care giving cosier that con be found at your local library or bookstare.

Q. My husband and I have Medicare. We belong to a Medicare Managed Care Plan. We want to cancel the plan and go back to our own doctor who accepts Medicare but does not belong to an office. You will return to feed for service Medicare the first day

of the month following your request.

On Aging columnist Renee. Mahler is a gerantologist and o former member of the Michigan State Commission on Services to the Aging. To leave a message for Mahler from a tonet-tone phone, call (313)953-2047, mailbox 1869. Send your questions for her to The Eccentric Newspapers, 805 E. Maple, Birmingham 48009.

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